


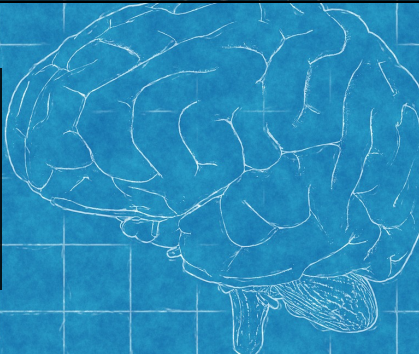
Understanding the Neurobiology of Trauma

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 JUSTICE 3D

1

Let's Talk Brain Science

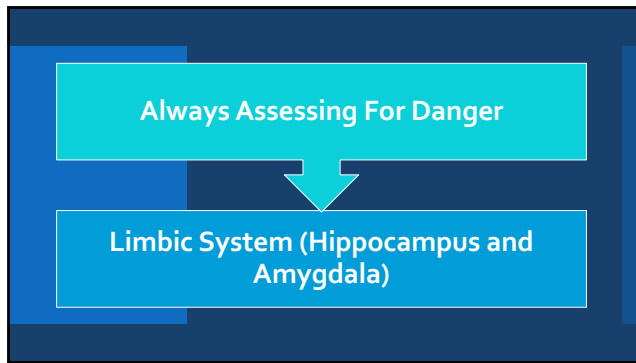


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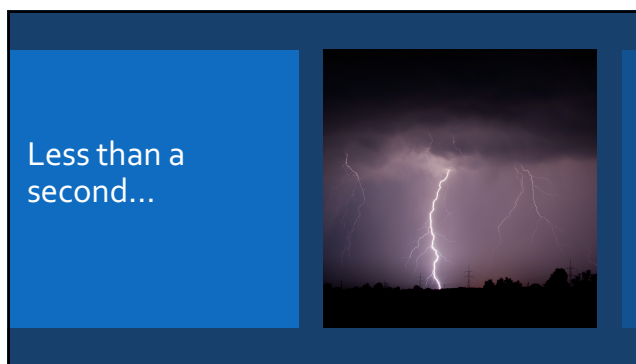


Trauma causes physical changes in the human brain

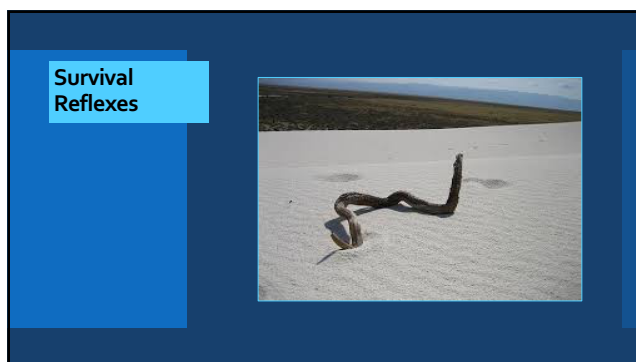
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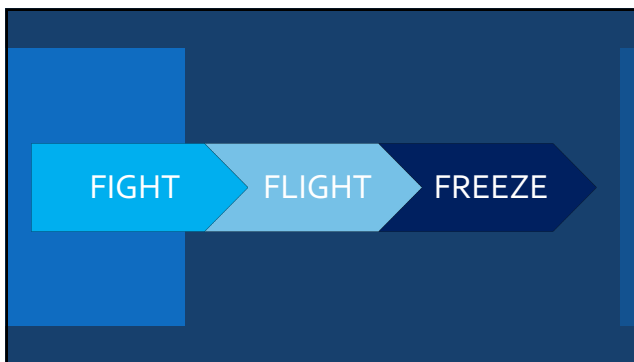
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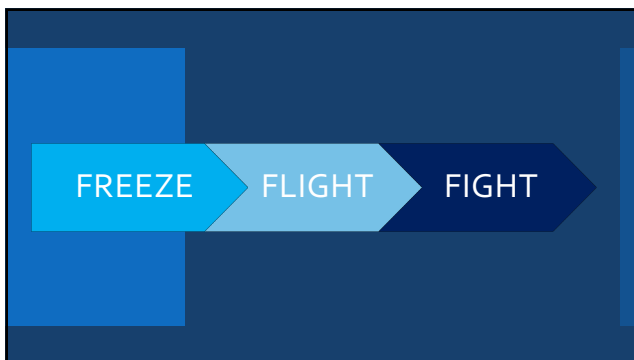
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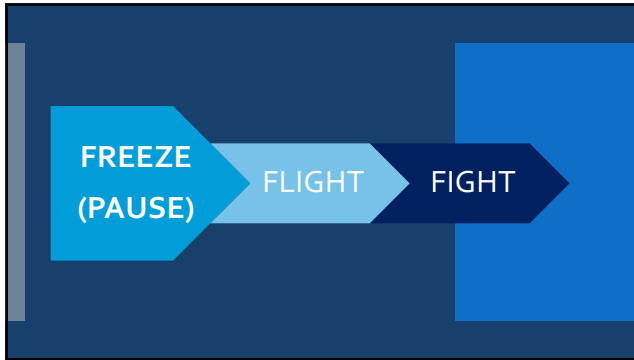
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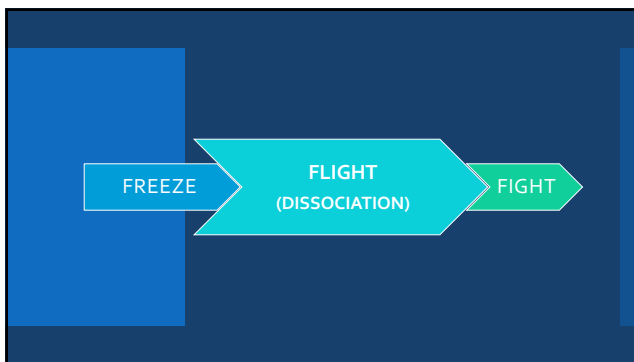
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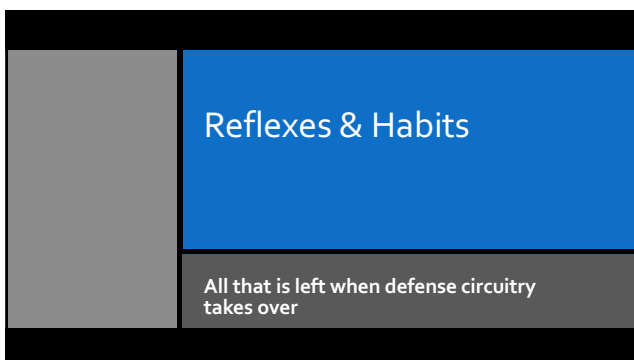
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Self-Protection Habits

Why was I so polite???

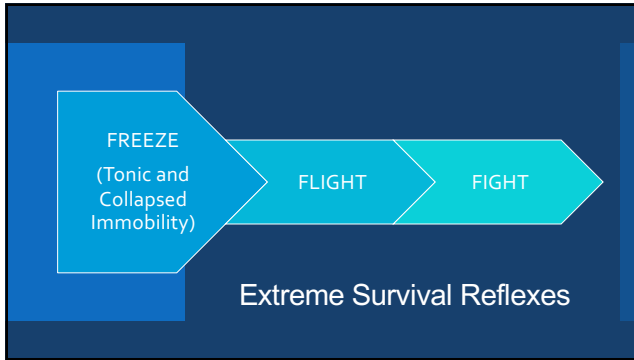
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What about childhood trauma??

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Extreme Survival Reflexes

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Tonic Immobility	Collapsed Immobility
<ul style="list-style-type: none"> Fixed or unfocused staring Feeling Cold Rigid or trembling muscles Rapid Blinking Numbness to pain 	<ul style="list-style-type: none"> Extreme drop in BP and Heart Rate Loss of muscle tone "went limp" Sleepiness Total loss of consciousness

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Perpetrator v. Victim	
<ul style="list-style-type: none"> No threat – Not stressed Pre-frontal cortex is "on" Planned - habitual In control Memory is "normal" 	<ul style="list-style-type: none"> Terrified Defense circuitry in control Focused on perceived threat, survival Habits & reflexes Memory impaired

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People respond to sexual assault involuntarily

19


Memory & Trauma

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Beginning, Middle, End
Who, What, Where, When, Why, How???
Concise & to the Point

What we want...


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PRE-FRONTAL CORTEX
 Logic Choices

Focus is on SURVIVAL
 SENSORY experiences are strong
 PERIPHERAL details are not important

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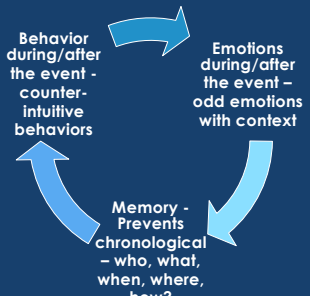
What we get...

- Not Chronological
- Flashbulb
- Weak narrative

You can't force it...

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Stress and Trauma Impacts a Victim in 3 major ways:



```

        graph TD
            B[Behavior during/after the event - counter-intuitive behaviors] --> E[Emotions during/after the event - odd emotions with context]
            E --> M[Memory - Prevents chronological - who, what, when, where, how?]
            M --> B
            
```

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Changing
the Script

Inconsistent Statements &
Unusual Behavior

ARE NOT ALWAYS

Lies / False Allegations

25



26

Every

piece

of

information

helps

Trauma-Informed Interviewing

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Traditional Interview Style - Barriers



Who, What, Where, When, Why and How



Police Personality



Formal Training



On-the-job experience

28

What happens when we misunderstand trauma??

- Victim-Blaming
- Disbelief of victim
- Ask "report" driven questions
- Misinterpret behaviors and body language

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Approach interviews through a trauma lens...



Prepare



Advocates



Physical Comfort



Time



Trust



Trauma-Informed

30



Prepare

Timing considerations – should you delay the interview?

- Stress effects recall – and sleep will lower stress
- strengthens central details
- Passing of time will effect recall of peripheral details
- Some details are never stored as memories

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Arrange to have an advocate present

- Get to know each other before an investigative situation
- Help with advocate training
- Build TRUST
- Understand confidentiality

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Physical Comfort

- Victim must feel safe
- Private
- Free from distractions
- Think about logistics
 - transportation
 - childcare

33



Time

- Recognize that these interviews can be lengthy
- Address possible distractions so the victim can be completely "present"
 - Child pickups / activities
 - Job schedule
 - Etc.

34

How can you begin to give back control?

35



Build Trust

- Patience
- Compassion
- Empathy
- Flexible

Recognize that your actions directly affect the victim's healing

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EMPATHY

The Right Person

Can you teach empathy?

- Empathy is not sympathy
- Empathy is the ability to understand and **SHARE** the feelings of another.
